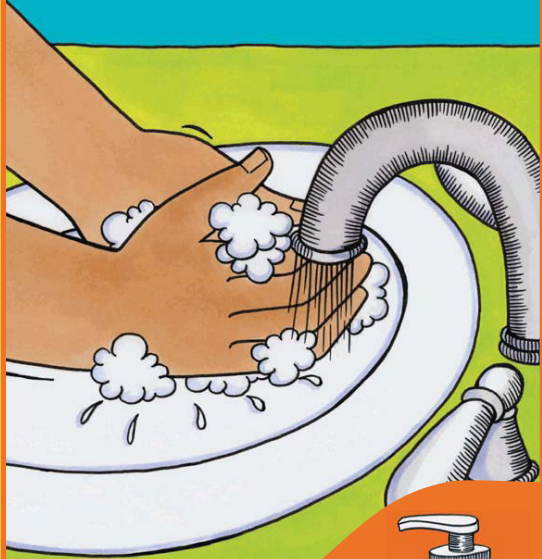


Stop Germs, Stay Healthy!

Wash hands
often for
20 seconds



Can't wash?
Use alcohol-based
hand sanitizer

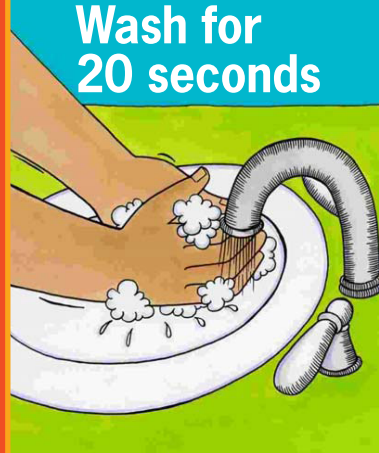


Wash hands often with soap and warm water

Use
soap



Wash for
20 seconds



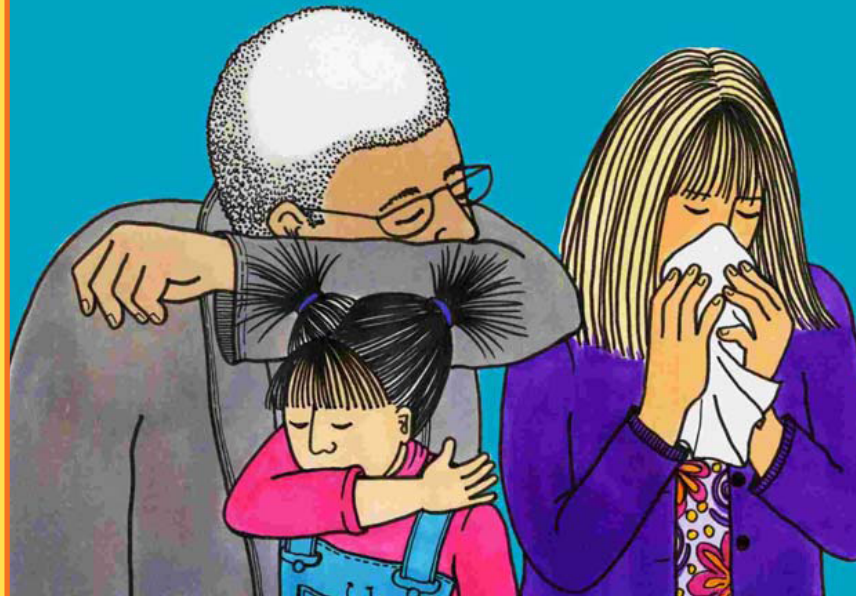
Rinse well



Dry



Cover coughs and sneezes



When sick, stay home



Polk County Health Department



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515-286-3798

Adapted with permission from Public Health - Seattle & King County